

ABSTRAK

Metode penelitian ini adalah eksperimen menggunakan satu kelompok penelitian dan desain penelitian adalah *pre-experimental design* dengan bentuk *one group pretest–posttest design*. Variabel bebasnya adalah *plyometric tuck jump* dan variabel terikat adalah *power tungkai*. Populasinya di SMK Miftahussalam Kabupaten Ciamis. Sampel penelitiannya adalah siswa sebagai atlet bola voli yang berjumlah 30 atlet. Teknik pengambilan sampel yaitu *total sampling*. Penelitian ini menggunakan *instrument test* adalah *vertical jump*. Analisis data statiska menggunakan SPSS serie 29. Berdasarkan hasil uji normalitas menunjukan nilai signifikansi sebesar $0,000 > 0,005$. Hasil uji *paired sample t-test* menunjukan nilai signifikansi 0,000 lebih kecil dari 0,05 artinya bahwa pengaruh latihan *plyometric tuck jump* berpengaruh secara signifikan terhadap *power tungkai*. Kesimpulannya bahwa variabel bebas yaitu *plyometric tuck jump* memiliki pengaruh yang sangat baik terhadap *power tungkai*. Implikasinya bahwa latihan *plyometric tuck jump* dapat dijadikan rekomendasi sebagai latihan kondisi fisik power untuk tubuh bagian tungkai dan cocok diterapkan pada cabang olahraga permainan yang menuntut kerja tungkai.

Kata kunci: Bola voli, *Plyometric tuck jump*, *Power*.

ABSTRACT

This study employed an experimental research method involving a single experimental group and utilized a pre-experimental design, specifically the one-group pretest–posttest design. The independent variable was the plyometric tuck jump exercise, while the dependent variable was lower-limb power. The study was conducted at SMK Miftahussalam, Ciamis Regency, Indonesia. The population consisted of students at SMK Miftahussalam, and the research sample comprised 30 male volleyball athletes. The sampling technique used was total sampling, in which all members of the population were included as research participants. Lower-limb power was measured using the Vertical Jump Test. Statistical data analysis was performed using IBM SPSS Statistics Version 29. The normality test indicated a significance value of 0.000, suggesting that the data met the assumptions required for further statistical analysis. The results of the paired-samples t-test showed a significance value of 0.000, which was lower than the significance level of 0.05 ($p < 0.05$). These findings indicate that the plyometric tuck jump training program had a statistically significant effect on improving lower-limb power. It can therefore be concluded that plyometric tuck jump training is an effective exercise for enhancing lower-limb power. The practical implication of this study is that plyometric tuck jump exercises can be recommended as an effective conditioning method for developing lower-body power, particularly in sports that require explosive leg performance, such as volleyball and other game-based sports.

Keywords: *Plyometric tuck jump, Power, Volleyball*